

New Mexico: Burden of Chronic Diseases, 1996

Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in New Mexico in 1996, accounting for 4,314 deaths, or 35% of all deaths.
- Ischemic heart disease accounted for 1,570 deaths, or 13% of all deaths.
- Stroke was the cause of 792 deaths.

Cancer

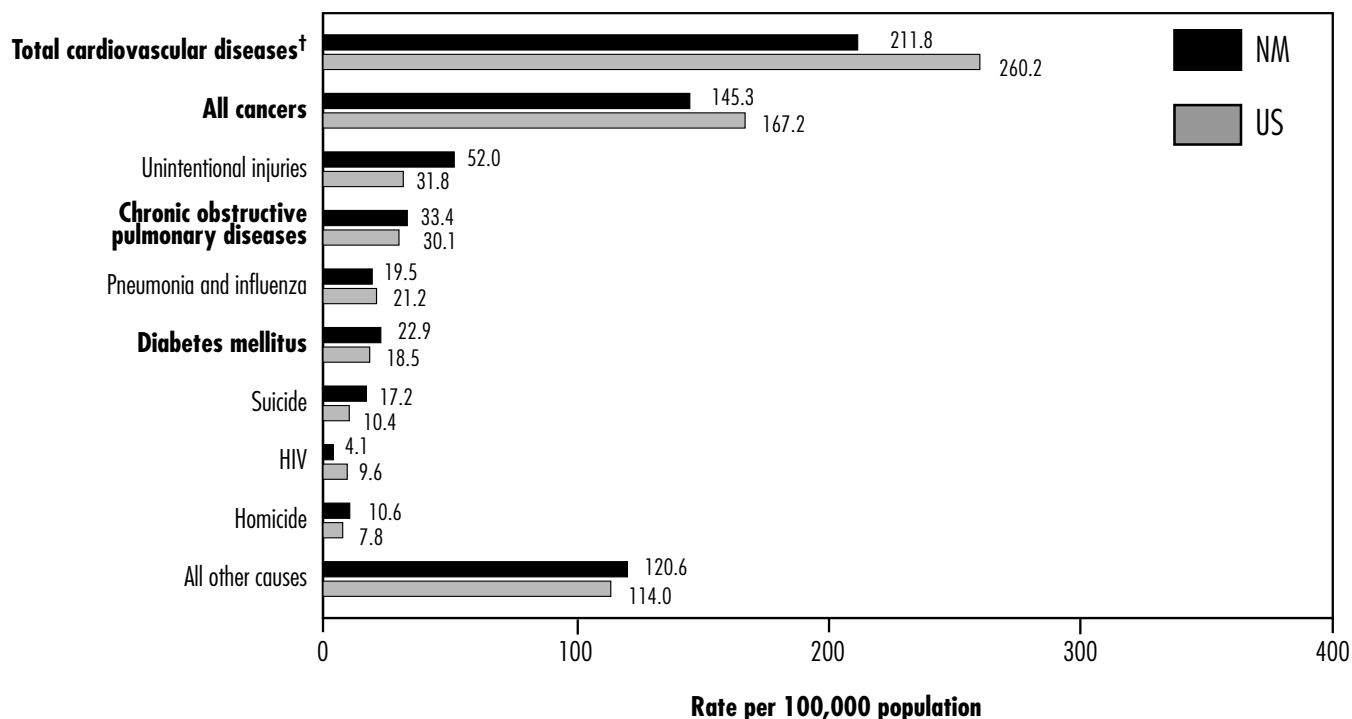
- Cancer accounted for 22% of all deaths in New Mexico in 1996.
- The American Cancer Society estimates that 6,500 new cases of cancer will be diagnosed in New Mexico in 1999, including 800 new cases of lung cancer, 600 new cases of colorectal cancer, 1,000 new cases of prostate cancer, and 1,000 new cases of breast cancer in women.

- The American Cancer Society estimates that 3,000 New Mexico residents will die of cancer in 1999.

Diabetes

- In 1996, 59,741 adults in New Mexico had diagnosed diabetes.
- Among states, New Mexico had the seventh highest rate of death due to diabetes.
- Diabetes was the underlying cause of 432 deaths and a contributing cause of an additional 539 deaths.
- Rates of death due to diabetes were 523% higher among American Indians/Alaska Natives and 144% higher among Hispanics than among whites.

Causes of Death, New Mexico Compared With United States, 1996*



*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (78.0 per 100,000 in New Mexico and 131.0 per 100,000 in the United States) and rates of death due to stroke (37.6 per 100,000 in New Mexico and 42.0 per 100,000 in the United States).

New Mexico: Risk Factors and Preventive Services, 1997 and 1998

Risk Factors Among Adults

- In 1998, 23% of Hispanics, 22% of whites, 19% of American Indians/Alaska Natives, and 10% of blacks in New Mexico reported current cigarette smoking.
- No leisure-time physical activity was reported by 28% of Hispanics, 21% of blacks, 20% of American Indians/Alaska Natives, and 20% of whites.
- Eating fewer than five servings of fruits and vegetables per day was reported by 92% of blacks, 83% of Hispanics, 77% of whites, and 76% of American Indians/Alaska Natives.
- According to self-reported height and weight, 63% of American Indians/Alaska Natives, 62% of blacks, 57% of Hispanics, and 47% of whites were overweight.

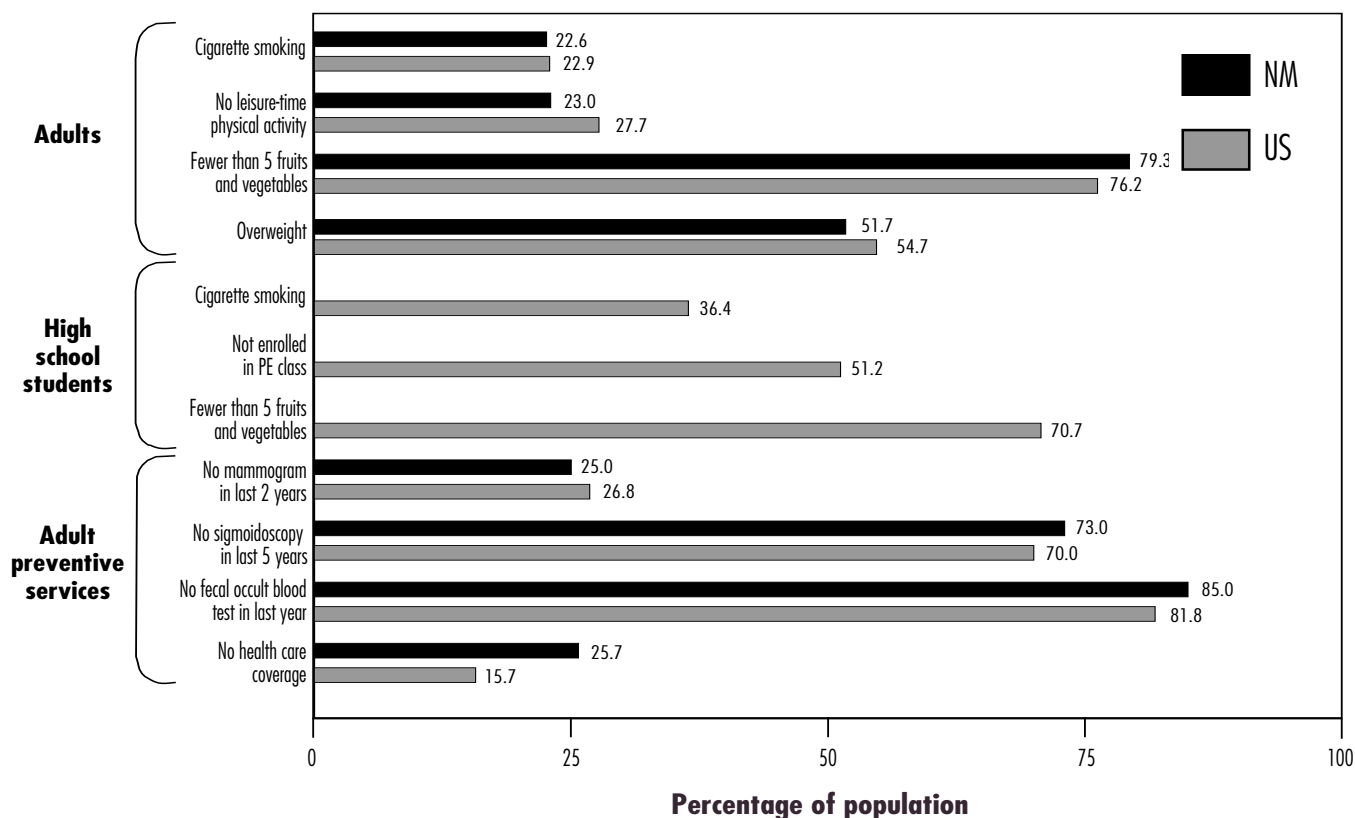
Preventive Services

- Twenty-five percent of white and Hispanic women aged 50 years or older reported not having had a mammogram within the last 2 years.
- Among adults aged 50 years or older, 80% of Hispanics and 70% of whites reported not having had a sigmoidoscopy within the last 5 years.
- Among adults aged 50 years or older, 88% of men and 83% of women reported not having had a fecal occult blood test within the past year.
- Of all states, New Mexico had the third highest percentage of adults aged 18–64 years reporting no health care coverage.

Risk Factors Among High School Students

The 1997 YRBSS was not conducted in New Mexico.

Risk Factors and Preventive Services, New Mexico Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.
CDC, Youth Risk Behavior Surveillance System, 1997.